47429-00056USPT

## Claim

1 1. (original) A flexible circuit comprising: 2 a substrate having a plane; 3 a flexible and extensible structure formed within said substrate and co-planar 4 with said substrate; and 5 wherein said structure is adapted to be extended out of said plane by a distance 6 greater than a maximum lateral dimension of said structure. 2. 1 (original) The flexible circuit according to Claim 1 further comprising a 2 pathway formed on said structure. 1 3. (original) The flexible circuit according to Claim 2, wherein said pathway is a 2 capillary for transferring a fluid. 4. 1 (original) The flexible circuit according to Claim 2, wherein said pathway is 2 an electrical lead for transferring an electronic signal. 1 5. (original) The flexible circuit according to Claim 2, wherein said pathway is 2 an electrical lead for transferring an electrical signal. 1 6. (original) The flexible circuit according to Claim 2, wherein said pathway is 2 an optical fiber for transferring an optical signal. 3

47429-00056USPT

1	7.	(original)	The flexible circuit according to Claim 6, wherein bending radii of
2	said optical fi	ber are large	e enough to prevent substantial optical loss from said optical fiber.
1 2	8. spiral.	(original)	The flexible circuit according to Claim 1, wherein said structure is a
1	9.	(original)	The flexible circuit according to Claim 8, wherein said spiral is an
2	Archimedes s	spiral.	
1	10.		The flexible circuit according to Claim 8, wherein said spiral is a
1	11.		The flexible circuit according to Claim 8, wherein said spiral is a
2	polygonal spi	ral.	
1	12.		The flexible circuit according to Claim 11, wherein said spiral is riangular spiral, a pentagonal spiral and a hexagonal spiral.
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1	13.	(original)	The flexible circuit according to Claim 1, wherein said structure has
2	geometric features selected from a group comprising spiral, bend, curve, twist, turn, curl,		
3	loop, u-turn a	nd zig-zag.	·

47429-00056USPT

1 (original) The flexible circuit according to Claim 1, wherein said structure is 14. 2 defined by perforations. 1 15. (original) The flexible circuit according to Claim 1, wherein said structure 2 comprises a boss for receiving a force to extend said structure out of said plane. 1 16. (original) The flexible circuit according to Claim 1 further comprising at least 2 a first pathway and a second pathway. 1 17. (original) A flexible circuit comprising: 2 a substrate having a plane; 3 a flexible and extensible structure formed within said substrate and co-planar 4 with said substrate, said flexible and extensible structure is adapted to be extended out of said 5 plane by a distance greater than a maximum lateral dimension of said structure; and 6 a pathway on said structure. 1 18. (original) The flexible circuit according to Claim 17, wherein said pathway is 2 a capillary for transferring a fluid. 1 19. (original) The flexible circuit according to Claim 17, wherein said pathway is 2 an electrical lead for transferring an electronic signal.

47429-00056USPT

1 20. (original) The flexible circuit according to Claim 17, wherein said pathway is 2 an optical fiber for transferring an optical signal.

- 1 21. (original) The flexible circuit according to Claim 20, wherein bending radii of
- 2 said optical fiber are large enough to prevent substantial optical loss from said optical fiber.
- 1 22. (original) The flexible circuit according to Claim 17, wherein said structure is
- 2 a spiral.
- 1 23. (original) The flexible circuit according to Claim 22, wherein said spiral is an
- 2 Archimides spiral.
- 1 24. (original) The flexible circuit according to Claim 22, wherein said spiral is a
- 2 parobolic spiral.
- 1 25. (original) The flexible circuit according to Claim 22, wherein said spiral is a
- 2 polygonal spiral.
- 1 26. (original) The flexible circuit according to Claim 25, wherein said spiral is
- 2 one of a square spiral, a triangular spiral, a pentagonal spiral and a hexagonal spiral.

Docket No.: PDNo. 10003813-1 47429-00056USPT

1 27. (original) The flexible circuit according to Claim 17, wherein said structure

- 2 has geometric features selected from a group comprising spiral, bend, curve, twist, turn, curl,
- 3 loop, u-turn and zig-zag.
- 1 28. (original) The flexible circuit according to Claim 17, wherein said structure is
- 2 defined by perforations.
- 1 29. (original) The flexible circuit according to Claim 17 wherein said structure
- 2 comprises a boss for receiving a force to extend said structure out of said plane.
- 1 30. (original) The flexible circuit according to Claim 17 further comprising a
- 2 second pathway on said structure.
- 1 31. 36 (Canceled)